



Expert secrets for a durable and healthy lawn all year-round

Nutrite Experts Network Ally Guide



Your **ALLY**

for a
durable and healthy
lawn!

YOUR CONTRIBUTION IS IMPORTANT

At Nutrite Experts Network, we are convinced that by working as a team with you, by becoming your ally, you will maximize your investment. Proper maintenance, combined with increased vigilance, will allow Nutrite Experts Network technicians to intervene before damage caused by heat waves or insect pests appears on your lawn.

A lawn requires maintenance from the time spring arrives until the first snowfall in the fall. We have created this tool to guide you through the different tasks to be done on your lawn to have a healthy and durable lawn year after year.

In this guide, you will find all the maintenance work to be done on your lawn, the methods to use and the best times to do them according to the seasons. Enjoy your reading!



Spring

Spring is a very important time for your lawn as it is the time when it comes to life. Here are the things you can do in the spring to make sure your lawn starts the year healthy and ready for what's to come.



Good to know!

The key to success in the spring is to do the work at the right time. In other words, don't start too early, and don't delay.

A good indicator of when it's time to start the maintenance steps is to notice the amount of water in your lawn. Once your lawn has fully absorbed the water from the soil, it's the perfect time to start.



1 Cleaning

It's time for spring cleaning! Your first step: vigorously rake your lawn with a leaf broom to remove yellowed blades, remaining dead leaves and debris left over from the winter. This cleanup will allow your lawn to breathe better and regain its vigour more quickly.

2 Repairing

A harsh winter can sometimes damage your lawn. It's important to pay attention to this and not leave any area bare to prevent weeds from proliferating in your lawn:

(Note: your Nutrite Expert can provide this service if the damage is significant, do not hesitate to call him)

TOPDRESSING

Topdressing consists of adding a thin layer of topsoil over the entire surface of your lawn. Usually less than 1 cm is enough. Garden soil mixed with compost is used. Avoid black earth, which does not contain enough nutrients to feed the soil and the lawn.

OVERSEEDING

To accomplish this step, spread new grass seed generously over your lawn. Choose a Canada #1 certified seed. Overseeding increases the density of your lawn making it more resistant to insects, weeds and drought.





AERATING

Aeration consists of making holes in the soil in order to oxygenate it, decompact it and allow it to better absorb water. This step is necessary if your soil is very hard and water is difficult to penetrate. Most often, «cores» of soil are extracted using a mechanical aerator. If you have opted for a "Loyalty PLUS" package with your Nutrite Expert, this task is covered once every 2 years in your 4-year package. If not, you can call your Nutrite Expert and he will be happy to perform this task for you.

Do you know the pencil test?

To see if your soil needs to be aerated, push a pencil into it about 10 cm deep. If you have trouble doing this, it's time to aerate!



3 Fertilizing

This is the contribution of your Nutrite Expert: to put the right fertilizers, at the right time and in the right dosage. Your Nutrite Expert uses high-tech fertilizers. They are phosphorus-free and the active elements (nitrogen and potassium) that compose them are coated with different types of polymers. This coating disintegrates slowly over a period of 120 days. According to the municipal rules, annually between 100 and 150 kg of nitrogen per hectare are applied to your lawns to ensure a healthy, long-lasting lawn.

Find out 5 good reasons to fertilize your lawn in spring.





4 Sharpening lawnmower blades

Your Nutrite Experts recommend sharpening your lawnmower blades once or twice a season - either in the spring or fall. If you didn't do it last fall, now is the right time. **[Find out how to properly sharpen your lawnmower blades right here!](#)**

By working together with your Nutrite Expert, you'll become the best ally for a durable and healthy lawn.

Good to know!

Did you know that rusty and badly sharpened blades can damage your lawn? In fact, torn blades of grass are more susceptible to disease and weed invasion than well-cut grass that regenerates more quickly and easily after mowing.

5 Mowing

A good mowing strategy can make all the difference between a beautiful lawn and a much less beautiful one, despite the fact that it is very well fertilized. Mowing plays a major role in the appearance but also in the health of your lawn. For a healthy, long-lasting lawn during the regular season, make sure you mow your lawn to at least 8 cm.

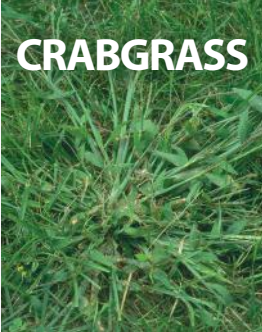
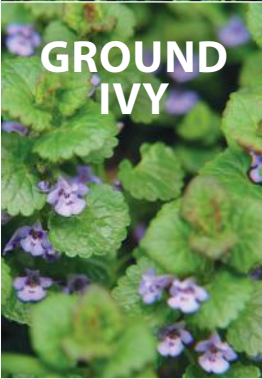
Mowing is an important activity for the health of your lawn. It is therefore essential to become an ally to your Nutrite Expert and pay attention to it to obtain a durable and healthy lawn. Your Nutrite Expert recommend that you mow regularly, ideally at the end of the day, with a mower with sharp blades, and adjust your mowing height throughout the season. The first and last mowings of the year should be shorter than the rest of the summer. The mower blades are adjusted to a height of 5 cm. This height makes cleaning easier and allows the ground to warm up more quickly, thus promoting the growth of the lawn. For the rest of the summer, we recommend mowing at a height of 8 cm to help your lawn be denser, healthier and more resistant to pests and weather.

For more great tips on mowing your lawn, check out our article **[Lawn Mowing](#)**.

6 Weeds

Managing weeds is part of your Nutrite Expert's service offering. The months of May and June and again in September, are excellent periods to reduce their visual impact.

Your Nutrite Expert is committed to a carbon neutral strategy. This implies, firstly, that he compensates 100% of his GHG by planting trees. Secondly, he must respect the pesticide management code and the various municipal by-laws of the communities he serves. It is therefore limited in its ability to do 100% weed management. In this spirit, a proactive way to be an ALLY is to accept the presence of a few unwanted weeds in your lawn or to remove them manually. A healthy and sustainable environment deserves this attention.

Weeds	How to recognize it	How to prevent/manage it
 CRABGRASS	Crabgrass usually germinates in late spring and spends the first weeks of its life incognito looking like young pale green blades of grass. However, it reaches its maturity in August when its stems become tinted of purple.	Inspect your lawn regularly for crabgrass. In August, use your lawnmower bag to avoid spreading crabgrass seeds all over your yard. Crabgrass is difficult to eradicate. Maintain your lawn throughout the year and repair bald or bare patches that are coveted by the weed. An anti-germinating treatment can help prevent the appearance of crabgrass. Learn more...
 DANDELION	Does your lawn turn yellow in the spring and then turn into a cloud of white pollen? Of course, you are invaded by the dandelion. Although it's good in salads, we don't like it as much when it transforms our grounds by taking over the lawn.	To prevent dandelions from appearing, you need to build up the density and strength of your lawn. The denser and stronger it is, the better it can fight weeds. Don't let the soil go bare, mow high and make sure you provide the necessary nutrients through fertilization. Also, keep an eye on your lawn to act quickly at the first sign of infestation. Dandelion roots run deep. Be sure to pull out the entire root to prevent the weed from growing back a few weeks later. Use a specially designed tool to ensure better success. Once the plant is removed, it is essential to fill the hole left by its removal with garden soil and fill the space with grass seed. Bare soil is an unparalleled playground for dandelions and other weeds. Maintaining a dense, uniform and healthy lawn is the key to protect your grass and keep weeds from taking hold. Your Nutrite Expert is your ally and can help you achieve a durable and healthy lawn. Learn more...
 GROUND IVY	Ground ivy has small, serrated, rounded leaves. Easily spotted in summer with its purple flowers, it can invade your yard in no time if you don't take action!	This weed likes shade and usually grows in loamy, very wet soil. Correct your drainage problems if possible to allow rainwater to drain more easily to allow the soil to dry out. Decompect your soil with good aeration annually and topdress with compost to add organic matter. If you have an infestation of ground ivy, contact your Nutrite Expert to manage it effectively. Hand pulling of ivy is not effective.

7 Pest Insects

The control of chinch bugs is also part of the services offered by your Nutrite Expert. As an ally, we invite you to be vigilant about the presence of these pests in your lawn. Do you notice yellow patches on your lawn? Does your lawn tear up into clumps when you pull on it? You may have an infestation of lawn pests. To prevent the infestation from spreading and your lawn from deteriorating further or dying, you must act quickly. Contact your Nutrite Expert to notify him of the presence of pests in your lawn. He will intervene at the right time.

If the damage is not due to chinch bugs, but to another pest such as white grubs, your Nutrite Expert will give you a quote for the intervention. Since the presence of these insects is less frequent, their management is generally not included in lawn care plans.

Pest Insect	How to recognize it	How to prevent/control it
 WHITE GRUB	If patches of grass lift easily when you pull on them and you have visits from small nocturnal animals that come to plow through your lawn, chances are you have grubs. Large sections of bald lawn may also indicate the presence of this insect.	First, your best ally against grubs is to have a dense, healthy and vigorous lawn so that the eggs cannot reach the ground to develop. If your lawn becomes infested, once the damage is visible, it's too late for any treatment. The lawn must be repaired to restore its health. The next spring is the time to apply a preventive treatment against grubs. Nematodes, small parasitic worms, might be a biological solution available over the counter. Your Nutrite Expert can also offer you a low-impact treatment to prevent grubs from returning the following year. Learn more...
 CHINCH BUG	In July, when the weather is warm, if your lawn is covered with orange or brown patches, you may be visited by chinch bugs. Since this biting and sucking insect lives in colonies, the damaged patches can grow from a few centimeters in diameter to many more in a very short time. It is therefore essential to identify it quickly before the damage is too extensive. The bug is visible to the naked eye. You can see it very well in the thatch by pulling apart the grass.	Call your Nutrite Expert quickly to confirm the diagnosis and apply the required product properly. Avoid old-fashioned recipes: their effectiveness is not proven and their effects on plants or other beneficial insects in the lawn are often unknown. Learn more...
 SOD WEBWORM	Is your lawn looking yellow as if it's running out of water despite rain or watering? It may be the sod webworm. You may be familiar with the moth in its adult stage. They are the small white moths that you see flying over your lawn. The adults are harmless, it is the larvae that cause damage by feeding on the grass. If you lift the grass, you will notice small silky tubes left by the larvae.	Since the larvae feed on the grass strand and not the roots, damage is often less than that caused by white grubs. The lawn will grow back. Consult your Nutrite Expert who will be able to recommend the right treatment at the right time to prevent webworm infestation. A curative treatment can also be applied when the damage appears. Here again, a dense and healthy lawn will be less vulnerable to all kinds of attacks. Be sure to do regular maintenance in partnership with your Nutrite Expert. Learn more...

Good to know!

Free Service Calls

Did you know by choosing the Nutrite Experts Network you benefit from free service calls?

It is important to check the condition of your lawn weekly. If you notice anything unusual, contact your Nutrite Expert; he or she is your best ally and will be able to do anything necessary to prevent major or permanent damage to your lawn.



Summer

Ironically, summer is the quietest time of the year in terms of lawn care. However, that doesn't mean that it should be left alone! On the contrary, it is important to monitor and protect it from extreme summer temperatures.

Make sure you handle heat waves well:



1 Mowing

In summer, the preferred mowing height is 8 cm. It is important to keep the lawn a little longer at this time of year, especially during heat waves. This helps to:

- Reduce damage caused by trampling.
- Increase the lawn's resistance to drought: healthy grasses and cool soil promote water retention.
- Reduce the risks of invasion of undesirable plants: they hate shade.

Also, opt for a regular mowing schedule that you can adapt to the weather conditions and the plant's growth periods.

2 Grasscycling

Have you heard of grasscycling? This technique consists of leaving grass clippings on the lawn after mowing it. Remove the bag from your mower and switch it to mulch mode. Interesting fact: the clippings are 90% water and contain protein. As they decompose, they will provide nutrients to the soil, including nitrogen. In other words, grasscycling allows you to feed your lawn all summer long.





3 Watering

Generally speaking, the water needs of the lawn are more than met by rain. However, if you see signs of dryness, don't hesitate to water! Here are a few things to consider when it comes to watering:

- Check with your municipality to find out about watering regulations.
- For the most effective watering, do it early in the morning, after the dew, between 4 a.m. and 10 a.m..
- Avoid watering when the sun is at its zenith to avoid burning the lawn or during the night to avoid fungal diseases.
- If you have an automatic watering system, the optimal time is very early in the morning.
- Choose less frequent and deeper watering.



Summer Maintenance Features – **Beware of Heatwaves!**

Summer heat waves are becoming more frequent and conditions are becoming dry for lawns and other plants. Be aware that even though your lawn may look yellow at first glance, it is far from dying. It is simply entering a dormant stage to preserve its energy. To give it a little boost during this difficult period, follow these tips:

- **Avoid trampling the lawn as much as possible.**
- **Stop mowing your lawn completely until the next rain. Your lawn will not grow during this time.**
- **Avoid watering. Your lawn will not absorb water and this precious resource will be lost.**
- **Be patient! Your lawn will regain its beautiful green color as soon as warmer weather returns.**



Fall

Contrary to popular belief, fall is far from a time to relax when it comes to lawn care. It is during this period that the lawn prepares for winter! It is therefore important to be diligent in its maintenance so that it can get through the coming cold period more easily.

Here are the things to do to have a healthy and durable lawn next spring:



1 Restoring

If your lawn has been damaged during the summer, leaving it in this state until next spring could cause irreversible damage. You can restore it by asking your Nutrite Expert to perform the following three steps:

AERATING

In the fall, it is preferable to aerate your lawn around mid-September to decompact the soil.

TOPDRESSING

Like aeration, topdressing should be done around mid-September, not too early, but still, be sure to do it before the cold weather arrives.

OVERSEEDING

If your lawn has suffered significant damage due to summer droughts, overseeding is the best option. This step should ideally be completed before mid-September, before the first night frosts arrive. A lawn cannot be too dense, do it often!

2 Fertilizing

In the fall, your Nutrite Expert will properly fertilize your lawn and this is very important! At this time of the year, it is time to give your lawn the nutrients it needs to withstand the rigour of winter and allow it to green up more quickly the following spring.

Good to know!

Fall temperatures vary greatly from year to year. This makes it difficult to predict the right time to do the final work on the lawn. Stay on top of things so you don't get caught by frost or the first snow.



3 Weeds

At the very beginning of fall, in September, it is possible that some weeds appear or persist. Your maintenance package with your Nutrite Expert includes the management of unwanted weeds in the fall.



4 Fall leave and Leaf Cycling

In the fall, it's important to remove dead leaves from your lawn. Leaving them in place under the snow all winter could choke your lawn. Fortunately, there are several ways to do this:

- Leafcycling: like grasscycling in the summer, leafcycling involves shredding dead leaves on the lawn while mowing. The debris left on the lawn provides the nutrients it needs to survive the winter.
- You can also collect the leaves and dispose of them in biodegradable bags or in the compost bin. Don't throw leaves or other plant debris in the garbage unless they are affected by a disease; let's give back to nature what it has given us.



5 Last mowing

It is generally towards the end of October or at the beginning of November that the lawn is mowed one last time. It is necessary to wait until the growth of the plant is stopped, without being caught by the snow.

For the last mowing, we lower the blades of the mower to 5 cm. Mowing short will protect your lawn from fungal diseases that could develop in winter and from snow and ice that could damage it.

6 Sharpening lawnmower blades

In the fall, when you store your gardening tools before winter, it's the ideal time to sharpen your lawnmower blades. In addition to being ready to start the new season the following spring, you will be the best ally for your Expert Nutrite.



Have you signed up to the Green Invoice?

Sign up to receive horticultural alerts during the season!



7 Winter Protections

To protect your lawn from the abrasives and gravel left behind by the snowplow throughout the winter, nothing is better than installing winter protection covers on the lawn. These covers are installed mainly on the edge of the street to protect the lawn and also to facilitate the cleaning in spring. Lawn covers should be chosen specifically for lawns to prevent heat and moisture build-up on the lawn.

Wait until as late as possible in the fall, before the snow arrives, usually around the beginning of November, to install them. It should be removed quickly in the spring to prevent the lawn from suffering from heat.



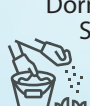
Snow Pro : Winter Protection Covers

The Nutrite Experts Network offers a turnkey winter protection service, exclusive to Nutrite customers and complementary to a maintenance package. Snow Pro winter protection covers are 12 feet wide and our experts use a solid anchoring system to hold it in place. Our teams take care of installation in the fall, timely pick-up in the spring and storage during the summer! Protect your lawn from the rigours of winter and make your spring cleanup easier!

Contact our experts today to take advantage of the **Snow Pro Service** and it will be our pleasure to take care of your lawn during the change of season!

A well winterized lawn will be more durable and healthy!

Horticultural Calendar

Services	April	May	June	July	August	September	October	November
Raking Dethatching								
Topdressing Overseeding								
Mowing Height	 2"	2"	 3,5"	3,5"	3,5"	 2"	2"	
Pest Insects		 White Grub  Sod Webworm		 Chinch Bug				
Fertilizing and Screening	 1st visit	 2nd visit			 3rd visit		 4th visit	
Aerating								
Liming								
Tree Pruning	 Fruit Trees		 Shrubs that have finished flowering in spring, cedar hedges, leafy hedges (honeysuckle, physocarp, willows)		 Evergreen hedges (fir & spruce)			
Horticultural Oil								
Fertilization through injection (trees and shrubs)		 1st visit					 2nd visit	



We hope that this guide has been able to enlighten you in the different steps of the maintenance of your lawn according to the seasons. If you have any questions that have not been answered in this guide, **please do not hesitate to contact us!** The Nutrite Experts will be happy to answer them.



A COLLABORATIVE EFFORT

Developing a close collaboration with the members of the Nutrite team will maximize your investment. Proper maintenance, combined with increased vigilance, will allow Nutrite technicians to minimize the impact of insect pests and heat waves on your lawn.

Visit our website today for more information on lawn care!

www.expertsnutrite.com

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An ECOLOGICAL approach

Here, our Nutrite Experts care about the planet. We asked ourselves what was the impact of our business activities pertaining to greenhouse gas emissions. That is why all our franchisees have going **carbon-neutral** for a few years now!

To learn more,
visit our website: expertsnutrite.com

